

The Highland Fling

"Where Friends are made and Friendships grow"

A Message from the Center Manager



The wonder of Fall is in the air and with this brings the Annual 50+ Expo Health Fair that is scheduled for Thursday, October 19th. Highland and all of the DSA centers will be shuttling you there for free if you want to go to this event. There will be Free Flu Shots, Free Health Screenings, speaker sessions and more. Please see the front desk for more details or look out for our posters!

We will also have our Annual Halloween Luncheon on October 26th complete with Entertainment a Costume Contest and Cake Walk, we will give out prizes, so purchase your ticket soon because this event usually sells out quickly! See More details on Page 7.

Truly, Julianna Brooks

October 2017



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

Highland Senior Center Hours of Operation

Monday 8:00am - 5:00pm

Tuesday 8:00 am - 5:00 pm

Wednesday 8:00 am - 7:00 pm

Thursday 8:00 am - 5:00 pm

Friday 8:00 am - 5:00 pm

Saturday 10:00 am - 4:00 pm

Sunday - Closed



Phone # 767-5210

Highland Staff

Julianna Brooks.....Center Manager

Arsenio Sanchez.....Program Coordinator

Gloria Ortiz.....Office Assistant

Stacie Davis.....Program Aide

Angela Lovato.....Program Aide

Melinda SenaCook

Darlene Lopez.....General Service

Our Mission....

The Department of Senior Affairs is a community leader, who in partnership with others, involves Seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



Suggestion Box is located next to the Social Hall Doors. Please Remember to sign your suggestions so that we can feature your ideas or comments in the monthly newsletter!

Thank You!

Julianna Brooks, Center Manager

Davetta Wells Writes:
Trips to the National Hispanic Cultural Center for Salud y Sabor on the third Thursday of the month between Feb. - November.

Thanks for the great suggestion Davetta I will pass this along to Arsenio Sanchez and he can look into the details this sounds like it would be a great in-town trip .
Julianna Brooks, Ctr. Mgr.

SENIORS GOT TIME? NEED \$\$\$\$\$?

The Senior Companion Program Needs YOU!



Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members.

Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year.

Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

- **for more information call Heath Barkley, or Dustin Salazar at (505) 764-1612.**



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Just a Friendly Reminder:

Current Membership is required to participate in ALL Senior Center Activities, and Trips. Membership is only \$15.00 per year.

Please look at the back of your card to check your expiration date.

If you have lost, or misplaced your card please check with the Highland Senior Center front desk to see how to replace it!

Thank You for your Cooperation!



Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Center, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory Council

needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelas Senior Center. For more information call 505-764-1612.

Meals on Wheels of Albuquerque needs volunteers in the kitchen any day Monday through Friday from 9 am-11 am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 505-767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Volunteers are asked to serve at least three hours per week Monday through Friday. Please call 505-767-5225

Ronald McDonald House Family Room Volunteers

Volunteers are needed to greet families and sign them in, maintain laundry room, stock food and drinks and help families with their needs. Volunteers are asked to work one three hour shift per week. Please call 767-5225.

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

The Foster Grandparent Program



FGP supports over 80 volunteers who contribute more than 80,000 hours to children each year! Volunteers serve in over 40 sites throughout Albuquerque, including: elementary schools, head start programs, and day care centers.

Having a volunteer in the classroom benefits everyone involved: The **Teacher**, by providing additional support to mentor and tutor children, one-on-one, The **Senior**, by providing an opportunity to remain active and engaged in their community, and **Children** with special and exceptional needs, by offering assistance from another positive adult role model and giving them the necessary attention for mental, emotional, and social development.

Eligibility Requirements:

- Be 55 or above Be willing to serve 20 hours per week
- Pass a physical, tuberculosis test, and background check
- Love Children and wish to make a positive difference in their lives

Benefits:

- Pre-service and monthly trainings
- Supplemental accident and liability coverage while on duty
- Meals while on duty
- Mileage reimbursement
- Annual recognition events
- Stipend for those who are income-eligible
- Remain active while making a difference

Call (505) 764-1612 For more Information and/or an Application!



Groups & Educational Services

Hike Schedule

Tuesday, October 10th

Tuesday, October 24th

(Cost will vary for every trip)

Check In: 8:00AM

Depart : 8:15AM



Defensive Driving Classes

Thursday, October 5th

(1st Thursday of every Month)

12:15pm - 4:15 pm

Saturday, October 14th

(2nd Saturday of every Month)

10:30 pm - 2:30 pm

Senior Citizens Law Office

Tuesday, October 17th

(3rd Tuesday of Each Month)

1:00PM General Lecture on wills, probate, powers of attorney, related topics.

2:00PM Medicaid and nursing home issues Q&A

Wednesday, October 4th

(1st Wednesday of each Month)

By Appointment Only

The Senior Law Office will be offering the following services here at Highland Senior Center.

- Preparation of Powers of Attorney
- Cremation Authorizations
- EMS/DNR

**You must Contact the Senior Law Office
Yourself to Schedule your Appointment.**

265-2300

GEHM Clinic

GEHM Clinics are nurse managed clinics, which promote healthy aging by addressing the concerns of senior citizens. The clinics provide a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by Registered nurses from University of New Mexico College of Nursing assisted by UNM Health Sciences students.

Wednesday, October 11th

8:00AM – 12:30PM In Room #3

New Classes

Sign-Up for the following classes at the HSC Front Desk



SPANISH CLASS

Beginner Level

THURSDAY's

10:00AM - 11:45AM

In Room #3

LINE DANCING

*** Advance Level**

TUESDAY's

1:30PM - 3:00PM

In The Social Hall



HOLIDAY TIN CLASS

1:00PM - 4:00PM

TUESDAY's

Starts 10/24 thru 12/12

In Room #2

Instructor: Cora Chavez

****Class size is limited, Sign up
at the front desk is
required!**

Friendship Coffee



MONDAY's

From 1:00PM to 4:00PM

*Visit with a local sponsor
& there is usually refreshments!*



Afternoon Matinee

Every Friday @ 2:00PM

*** Movies are Subject to Change

*** FREE BAG OF POPCORN
(for Senior Center members watching the movie)

10/06	Kong: Skull Island	PG-13
10/13	The Promise	PG-13
10/20	Their Finest	R
10/27	Country Strong	PG-13

AFTERNOON DANCES

THEY WERE FROM 3:00 - 6:00pm

STARTING July 19th!

3rd Wednesday Of Each Month

THEY ARE NOW HELD 1:30 - 4:30PM

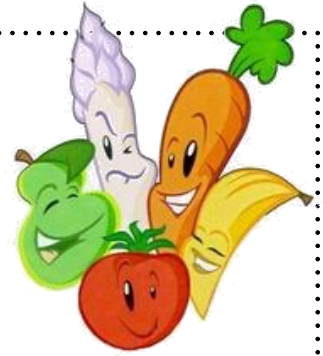
**Type of music played differs every month
from New Mexico to Ballroom Music.
& Remember, "DANCING is FUN" Exercise!**



Only \$3 Gets You In!

- ⇒ 10/18 Rider & Co. (NM MUSIC)
- ⇒ 11/15 Trio Bravo (BR MUSIC)
- ⇒ 12/20 Pure Gold (NM MUSIC)

Nutrition Tips from Casa



What are the Key Nutrients in Fruits & Vegetables

Vitamins

Fruits and vegetables are rich in many nutrients such as potassium, folate, and vitamins A and C. Diets rich in potassium may help to maintain healthy blood pressure. Folate (folic acid) helps the body form red blood cells. Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

Fiber

All fruits and vegetables are good sources of dietary fiber. Dietary fiber helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

Phytochemicals

Phytochemicals are plant chemical compounds that have many potential health-promoting properties. Different fruits and vegetables have different phytochemicals that provide a variety of benefits. Different colors of fruits and vegetables contain different phytochemicals. The best way to make sure you are getting the maximum benefit from all phy-



Highland Senior Center On Going Schedule of Activities

Monday

8:00 am - 1:00 pm	Arts Mart/Flea Market
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:30 am	Laptop Quilters
9:30 am - 11:30 am	Artist Series
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:00 pm	Mexican Train Dominoes
1:00 pm - 4:00 pm	Beginning Pottery w/Christine
1:00 pm - 4:00 pm	Canasta Card Group
1:15 pm - 3:30 pm	Bingo
1:00 pm - 4:00 pm	Friendship Coffee
2:00 pm - 3:00 pm	Gentle Yoga
3:15 pm - 4:00 pm	Balance & Movement for Parkinson's

Tuesday

8:00 am - 4:30 pm	Hikes (are every other Tues.)
8:00 am - 12:00 pm	Quilting
8:15 am - 9:15 am	Flex & Tone
10:00 am - 11:30 am	Portrait Drawing
12:00 pm - 4:00 pm	Bridge Group
12:00 pm - 4:00 pm	Pinochle
12:30 pm - 3:00 pm	Spanish Intermediate
1:00 pm - 3:00 pm	Senior Citizen's Law Office (every 3 rd Tues.)
1:30 pm - 3:00 pm	Advanced Line Dancing
3:15 pm - 5:00 pm	Highland Reader's Theater

Wednesday

8:00 am - 12:30 pm	GEHM Clinic (see front desk)
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 12:00 pm	Pottery w/Penne
9:00 am - 12:00 pm	Senior Citizen's Law Office (every 1 st Wed.)
10:00 am - 12:00 pm	Senior SAGE Men's Group (every 3 rd)
10:00 am - 12:00 pm	Highland Harmonizers
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 3:30 pm	Mexican Train Dominoes
12:30 pm - 1:30 pm	Birthday Social (every 1st Wed.)
1:00 pm - 3:00 pm	Chess for Fun
1:00 pm - 3:00 pm	Open Computer Lab
1:00 pm - 2:00 pm	Guitar Group
1:30 pm - 2:30 pm	Afternoon Yoga
2:45 pm - 3:30 pm	Balance & Movement for Parkinson's
2:45 pm - 4:00 pm	Table Tennis/Ping Pong
3:00 pm - 6:00 pm	Afternoon Dance (every 3 rd Wed.)
4:45 pm - 6:45 pm	SAVVY Meeting w/Alzheimer's Association New Mexico Chapter
5:00 pm - 6:00 pm	Corvair Meeting (every 3 rd Wed.)

Thursday

8:15 am - 9:15 am	Flex & Tone
9:00 am - 12:00 pm	Scrabble Group
9:30 am - 12:00 pm	Open Studio Watercolor
9:30 am - 10:30 am	Tai Chi Chaun
11:15 am - 12:15 pm	Nia
12:00 pm - 4:00 pm	Pinochle
12:15 pm - 4:15 pm	AARP Defensive Driving (every 1st)
12:30 pm - 3:30 pm	Bridge Ladies
1:00 pm - 4:00 pm	Open Studio Pottery
1:30 pm - 2:30 pm	Tai Chi Chaun Intermediate
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2 nd Thurs.)

Friday

8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:00 am	Senior Softball Meeting (every 2 nd Fri.)
10:00 am - 11:00 am	Free Blood Pressure Checks w/Betsy (Walk-ins, No Appt. Needed)
10:00 am - 12:00 pm	Compassion & Choices Lecture Group on Advance Healthcare (every 1st Fri.)
10:15 am - 11:15 am	Gentle Exercise
10:30 am - 12:00 pm	Hi-Toners (every 1 st , 2 nd , 3 rd Fri.)
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:30 pm	Shanghai Rummy Game
1:00 pm - 5:00 pm	Open Studio Crochet & Knitting Group
1:00 pm - 3:00 pm	Mahjong Chinese Game
1:30 pm - 3:00 pm	Writing About Our Lives
2:00 pm - 4:00 pm	Afternoon Matinee Movie (A FREE BAG OF POPCORN to all Center Members watching the movie)

Saturday

10:00 am - 12:00 pm	OFA of Nob Hill Meeting (every 1 st Sat.)
10:00 am - 12:00 pm	Roadrunner Strummers
10:30 am - 2:30 pm	AARP Defensive Driving (every 2 nd Sat./Space is Limited Call HSC to Sign-Up to Attend)
1:00 pm - 3:00 pm	Gray Panthers Group (every 4 th Sat.)
1:00 pm - 2:30 pm	NM Parkinson's Coalition Meeting (every 3 rd Sat. during even months of the calendar)
2:30 pm - 4:00 pm	Novel Book Club (every 2 nd Sat.)

Friendly Reminder...

A Current Senior Center Membership ID
is Required to participate in Activities,
and to Sign up for Trips.

October Day Trips

Trips are subject to change and we will make every attempt to notify you of any changes. Please keep a copy of your receipt as they are required for refunds. Thank you for your cooperation!

An "UPDATED" Department of Senior Affairs Senior Center Membership Card is Required at the time of purchase



INDIAN PUEBLO CULTURAL CENTER

Gateway to the 19 Pueblos of New Mexico

Trip to

We'll be taking a guided tour to enrich our time at the Indian Pueblo Cultural Center. We will see a journey through Pueblo art and culture, a moving introduction to the traditions and core values of Pueblo people.

Tuesday, October 10th • Transportation: \$2
Check-in: 9:15AM • Return: 2:30PM (approx.)
• Entry Fee & Lunch will be at your own expense



Let's take a trip to Belen, New Mexico and see how decorative building stone, mined at a nearby quarry, is cut and polished. A tour of their facilities will be interesting and informative.



- **Tuesday, October 24th**
- **Transportation: \$5**
- **Check-in: 9:15AM**
- **Return: 2:30PM (approx.)**
- **Lunch will be at a local restaurant & at your own expense.**

Presentations

Trouble Renewing Driver's License, or State ID Cards

This is an informational presentation on this topic, discussing what the new requirements are and what steps seniors can take to get the appropriate paperwork in order. We are happy to meet with you afterward to briefly discuss what your next steps should be. This is a **FREE** educational presentation given by The Senior Citizen's Law Office.

Wednesday, October 18th
From 9:00AM • To 11:00AM



Sign up at the front desk!!



The **State Health Insurance Assistance Program (SHIP)** provides counseling on health insurance questions, including Medicare, the Medicare prescription drug program and Medicaid. You'll receive accurate, unbiased information about health care options and other entitlements. The **Department of Veterans Affairs** will offer information on State Veteran Benefits. Come learn about services provided through aging & Disability Resource Center (ADRC). So bring a list of your current prescriptions, and/or your DD214 (Separation's) Paperwork & come join us for a **FREE** informational presentation given by Central Regional SHIP Coordinator & Veteran Services Officer on:

Wednesday, October 11th • From 9:00AM to 11:00AM



U.S. Department
of Veterans Affairs



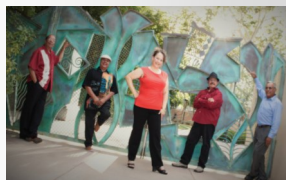
Menu



Roast Beef
 Rosemary Red Potatoes
 Fresh Steamed Carrots
 & Broccoli
 Spinach Medley Italian Salad
 Dinner Roll & Cheese Cake
 w/ Strawberry Sauce

We'll have

Entertainment
 By
 Picoso w/Christine V.



Playing a variety
of music

No Refunds or Exchanges

Thursday,
October
26th

Serving from
11:30AM-
12:00PM

Dance from
12:30PM -
3:30PM

Cost: \$4.00

Highland Halloween Luncheon & Dance

Be Festive & Dress in your favorite
Halloween Costume!

We'll be Having a
Costume Contest
&
Cake Walk

Highland Grill Hot Lunch Special: \$3.25

Reservations Required by 1:00 pm the Previous Day - Call 767-5210

Lunch is Served from 11:30 am - 1:00 pm * Menu is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bratwurst Rosemary Potatoes Brussel Sprouts Sliced Apples	3 Macaroni & Cheese Italian Vegetables Bread Stick Peaches	4 Stuffed Bell Pepper Scalloped Potatoes Carrots Lemon Pudding	5 Carne Adovada Pinto Beans Squash Mandarin Oranges	6 Turkey Stuffing Beets Pear
9 Salmon Sweet Potatoes Cauliflower Grapes	10 Baked Ziti Green Beans Crescent Roll Apple Cobbler	11 Egg Salad Sandwich Cucumber & Tomato Tossed Salad Melon	12 Chicken Tenders Buttered Rice Spinach Banana Pudding	13 Green Chile Burger Oven Fries Zucchini Cookie
16 Turkey Corndog Au Gratin Potatoes Broccoli & Cauliflower Sliced Peaches	17 Pork Stir-Fry Fried Rice Brussel Sprouts Pineapple Chunks	18 Frito Pie Tater Tots Asparagus Mandarin Oranges	19 Chicken & Rice Casserole Peas Jell-O w/Fruit	20 Spaghetti w/Meat Italian Vegetables Warm Pear Slices
23 Pork Chop Stuffing Broccoli Fruit Cocktail	24 Cheese Omelet Hash Browns Stewed Tomatoes Peaches w/Cinnamon	25 Pollock (Fish) Rice Pilaf Succotash Grapes	26 Special Luncheon Ticket Required! See Flyers for Menu.	27 BBQ Brisket Sandwich Beans Carrots Pumpkin Mousse
30 Menu to Be Determined	31 Menu to Be Determined			

Hot Breakfast Served Monday-Friday 8:00am – 9:00am

Full Breakfast	\$1.50
Mini Breakfast.....	75¢
Breakfast Sandwich.....	\$1.00
Burrito.....	\$1.50
French Toast or Pancake.....	25¢
Oatmeal w/Milk	70¢
Side of Chile Red/Green.....	25¢
Biscuits & Gravy	\$1.00
(Wednesday Only)	



Al-a-Carte Lunch Monday-Friday 11:30 - 1:00 pm

Grilled Cheese	\$1.25
Sandwich of the day.....	\$1.50
Soup or Pie	50¢
Salad Plate.....Large...	\$2.00
	Small...\$1.00

Beverages

Milk or Juice	25¢
Coffee	30¢
Hot Tea.....	30¢